



*Afghan Culture Unveiled*  
Rich culture, delicious food, and stories from Afghanistan



*Planning an*

# AFGHAN FEAST



[www.humairaghilzai.com](http://www.humairaghilzai.com)

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The image on the left side of the page features three vertically stacked bowls. The top bowl contains finely chopped green herbs. The middle bowl contains a fine, light brown powder. The bottom bowl contains a fine, bright yellow powder. Each bowl has a colorful, patterned rim with segments of blue, yellow, and red.

# Introduction

In my house, it's always the season for celebration whether it's hosting a girls night-in, couples dinner or a book club pot-luck. Putting out a delicious spread of food isn't just about cooking, it's also about the tricky job of knowing what combination of dishes makes sense. You must consider the flavors, textures, colors, richness and seasonality of all the various food in order to achieve balance on the plate.

Unlike my mom who spent the whole day in the kitchen preparing at least six or seven main courses for a party, I'm more than happy to share the burden by doing a pot-luck. I know, this is not the Afghan way of hosting but by each person taking on a handful of responsibilities it's much easier on the host who has the added responsibility of presenting a welcoming house, setting the table and putting up a new set of towels the bathroom. Plus, communicating and planning beforehand can add to the anticipation of a fun night together.

If you are a lone ranger like my mother, then do most of your prepping ahead of time, cook as many dishes as possible the day before, and set up a buffet line to make serving easy. This way, when your guests arrive you can 'entertain' them rather than being in the kitchen. I've pulled together this menu that is accessible in flavor, easy to divvy up for pot-luck and amenable to making ahead of time. Dazzle your guests with a delicious Afghan meal that even my mother would be proud of.

# Menu



## Appetizers:

**Laghataq-** *Luscious Layered Eggplant Dip served with Pita Chips*

## Main Course:

**Salata-** *Tomato, Cucumber and Cilantro Salad*

**Sabzi Rawash-** *Braised Spinach with Rhubarb*

**Kebab e Deygee-** *Tender Lamb Kebab with Cinnamon*

**Qabili Palau-** *Rice with Chicken, Caramelized Carrot, Raisins and Almonds*

**Warm Pita bread** (optional)

## Dessert:

**Sheer Birinj-** *Creamy Cardamom Rice Pudding*

**Afghan Tea** *Infused with Cardamom and Rosewater*

# Appetizers

## Laghataq

Luscious Layered Eggplant Dip served w/ Pita Chips



## Ingredients

- *One eggplant cut in ¼ inch disks*
- *1 red bell pepper cut in thin strips*
- *2 medium tomatoes, roughly chopped*
- *2 cloves garlic, peeled*
- *1 15 ounce can tomato sauce*
- *1/2 cup olive oil*
- *1 tablespoon tomato paste*
- *1 tablespoon ground cumin*
- *1 tablespoon ground coriander*
- *1 teaspoon paprika*
- *½ cup Greek yogurt or Lebnipinch of garlic powder*
- *1 teaspoon salt*

**CONSTRUCT THIS DISH BY CLICKING HERE.**

# Main Course

## Salata

Tomato, Cucumber, and Cilantro Salad



## Ingredients

- *3 medium-size tomatoes, diced*
- *3 Persian cucumbers, peeled and diced (about 1 cup)\**
- *1 small red onion, diced*
- *1 cup roughly chopped cilantro (1 small bunch)*
- *3 tablespoons fresh lemon juice*
- *1 teaspoon salt*
- *½ teaspoon ground black pepper*

*\*you can substitute ordinary cucumbers*

**CONSTRUCT THIS DISH BY CLICKING HERE.**

# Main Course

## Sabzi Rawash

Braised Spinach with Rhubarb

INSTANT POT  
RECIPE!



## Ingredients

- 2 pounds frozen, chopped spinach, in a bag, not a box
  - 1/4 cup olive oil
  - 2 cups green onions (white and green parts), chopped
  - 1/4 cup dried dill
  - 1 tablespoon ground coriander
  - 1 Jalapeno pepper (optional)
  - 1 cup chopped cilantro (optional)
  - 1/2 teaspoon ground black pepper
  - 1 teaspoon salt
  - 3 stalks rhubarb
- optional: substitute 2 tablespoons lemon juice*



**VIEW THE VIDEO OF THIS DISH HERE!**

# Main Course

## Kebab e Deygee

Tender Lamb Kebab with Cinammon



## Ingredients

- *½ cup Greek yogurt*
- *2 tablespoons olive oil*
- *3 cloves garlic, minced*
- *1 tablespoon dried ground coriander*
- *½ teaspoon black pepper*
- *2 teaspoons Kosher salt*
- *2 pounds lamb stew meat, cut into 2-inch chunks*
- *2 large onions, peeled, sliced thin*
- *Ground cinnamon*

**CONSTRUCT THIS DISH BY CLICKING HERE.**



Afghanistan's National Dish!

## Main Course

### Qabili Palau (A.K.A. Kabuli Palau)

Rice with chicken, caramelized carrots, raisins, and almonds



### Ingredients

- 3 cups long grain Basmati rice
- 10 pieces of chicken thighs & drumsticks
- 4 cups of diced onion
- ½ cup plus 2 tablespoons olive oil or vegetable oil, divided
- 5 teaspoons salt
- 2 cups shredded carrot
- 1 cup black raisins
- ½ cup slivered almonds
- 3 tablespoons sugar
- 2 teaspoons ground cumin
- 1 ½ teaspoons ground cardamom
- ½ teaspoon ground black pepper
- 12 cups water
- 2 tablespoons browning sauce such as Kitchen Bouquet (optional)\*



**VIEW THE VIDEO OF THIS DISH HERE!**

**Wait...**



*Don't forget the pita bread! It's optional but rounds out the main courses wonderfully.*

# Dessert

## Sheer Birinj

Creamy Cardamom Rice Pudding

MAKES 4  
SERVINGS



### Ingredients

- *1/2 cup Calrose rice*
- *1 1/2 cups whole milk*
- *1 tablespoon butter*
- *1/3 cup sugar*
- *1/2 teaspoon ground cardamom*
- *Dash cinnamon*
- *2 tablespoons slivered almonds (optional)*

[CONSTRUCT THIS DESSERT BY CLICKING HERE.](#)

# Dessert

## Afghan Tea

*Infused with cardamom and rosewater*

**MAKES 2  
SERVINGS**



## Steps

- *Bring 2 1/2 cups of water to a boil and pour into your teapot.*
- *Steep 1 1/2 tablespoons loose black or green tea along with 1/4 teaspoon ground cardamom and 1/4 teaspoon of rosewater in the water for several minutes until good and strong.*
- *Pour through a fine mesh strainer into two teacups.*
- *Add 1 teaspoon of sugar to each cup, if you like it sweet.*

**LEARN MORE HERE.**

**Enjoy!**



**I want to hear how your feast turned out!  
Find me here:**

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